

Crew Off Duty

GMT	CREW	ACTIVITY
12:00–12:10		Morning inspection
12:10–12:40		Post-sleep
12:40–13:30		BREAKFAST
13:30–14:20	CDR, FE-2	Post-11A stowage ops
13:55–14:10	FE-1	Private medical conference (<i>VHF</i>)
14:20–14:50		Weekly planning conference (<i>S-band</i>)
14:50–15:50	CDR	Physical exercise (TVIS)
15:00–16:00	FE-1	Physical exercise (VELO + Load Trainer 1 / day 4)
15:10–15:25	FE-2	Private medical conference (<i>S-band</i>)
15:50–16:00	CDR	Setup for PAO TV event
16:00–17:00		LUNCH
17:05–17:15		Prep for PAO TV event
17:15–17:35		PAO TV downlink: Christmas tree lighting ceremony (<i>KU+S-band</i>)
17:40–18:20	FE-2	IMS file prep
17:40–17:55	CDR	Private medical conference (<i>S-band</i>)
18:15–19:45		Physical exercise (RED)
18:20–19:20	FE-2	Physical exercise (TVIS)
18:20–18:25	FE-1	Weekly maintenance of TVIS
18:25–19:25		Post-11A stowage ops
19:20–19:25	FE-2	Weekly maintenance of TVIS
19:40–20:10	FE-1, FE-2	Daily plan review
20:10–21:40	FE-2	Physical exercise (RED)
20:10–21:40	FE-1	Physical exercise (TVIS-4)
20:30–21:10	CDR	COX maintenance
21:10–21:40		Daily plan review
21:40–22:15		Prep for work
22:15–22:30		Daily planning conference (<i>S-band</i>)
22:30–23:00		DINNER
23:00–23:30		Daily food prep
23:30–00:30		Pre-sleep
00:30–10:00		SLEEP

Note: See OSTP for references to US procedures

End of radiogram